



Orthopedic Center for Minimally Invasive Joint Replacement

Empowering Technology with a Healing Touch

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Press Release

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Dr. Len Remia, South Florida Orthopedic Surgeon, Offers New Procedure to Treat Joint Pain Without Surgery

Platelet-Rich Plasma (PRP) injection is a new treatment used by Dr. Leonard Remia, orthopedic surgeon in Pompano Beach in Broward County, Florida. This less-invasive treatment may help patients avoid joint replacement surgery.

Orthopedic surgery today is becoming more minimally invasive than ever. Knee, hip, and other joint pain often led to traditional joint replacement surgery, which was then made minimally invasive as technology progressed. Now, however, an even less invasive procedure, Platelet-Rich Plasma (PRP) injections, may make surgery unnecessary in some cases.

Dr. Leonard Remia of Pompano Beach in Broward County, Florida, is an orthopedic surgeon who is using PRP injections as an alternate treatment for joint pain. Dr. Remia specializes in minimally invasive surgery such as knee replacement and hip replacement, but is utilizing the new platelet injection treatments when possible.

PRP injections utilize patients' own blood products to accelerate the healing process in injured tissues and joints. Following an injury, the body normally recruits platelets and white blood cells from the blood to initiate the 'healing response'. This 'healing response' normally occurs when platelets release stored growth factors in response to signals from the injured tissue. These growth factors help to regenerate damaged tissue and also help to recruit white blood cells (chemotaxis) and local progenitor cells, which facilitate the healing process.

By concentrating platelets and white blood cells from the blood and injecting directly into the damaged joint or tissue, the growth factors are released in a more powerful form. This enhanced microenvironment may help to accelerate a more complete healing of damaged tissues.

The following conditions may be treated with PRP Therapy:

Knee Disorders

- Arthritis
- Tendonitis
- Meniscal injury
- Ligament Sprains or Tears
- Muscle Injury
- Bursitis

Shoulder Disorders

- Bursitis or Impingement
- Rotator Cuff Tears
- Acromioclavicular Joint Injuries
- Tendonitis

Hip Disorders

- Bursitis
- Tendonitis
- Arthritis of the Hip Joint
- Labral Tears
- Pubic Symphysis Pain
- Hamstring and Groin Muscle Sprains
- Sacroiliac Joint Pain/Arthritis

Elbow Disorders

- Tennis Elbow (Lateral Epicondylitis)
- Golfers Elbow (Medial Epicondylitis)
- Ulnar Collateral Ligament Sprains or Tears

Back Disorders

- Disc Herniation
- Spinal Stenosis
- Facet Joint Arthritis
- Nerve Irritation

Ankle and Foot Disorders

- Arthritis
- Ankle Ligament Sprains or Tears
- Plantar Fasciitis
- Tendonitis –Achilles, Peroneal

“Following a comprehensive evaluation, an individualized treatment plan is developed. Blood is drawn from the patient and the platelets and white blood cells are separated from the rest of the blood products,” says Dr. Remia. “After anesthetizing the skin over the injured site, one or more injections are given into the locally damaged tissue or joint.”

At the next follow-up visit (7 to 10 days), a decision is made regarding additional injections. In general, chronic conditions may require more than one injection series. The recovery process may include a formal course of physical therapy including modalities such as

electrical stimulation and ultra sound.

PRP injections are safe as they are derived from your own blood products. There is no risk of rejection or immune reaction.

To find out if you are a candidate for PRP Therapy, contact Dr. Len Remia at the Orthopedic Center for Minimally Invasive Joint Replacement and Sports Medicine in Pompano Beach, Broward County, Florida by visiting their website <http://orthojointreplacement.com>, or by calling (877) 543-2500.

Orthopedic Center for Minimally Invasive Joint Replacement, located in Pompano Beach, Broward County, Florida, offers Minimally Invasive (MIS) total joint replacement and minimally invasive procedures in Sports Medicine. Its founder and director, Dr. Leonard Remia, is a Harvard Medical School trained, board-certified orthopedic surgeon, who has been practicing in Broward County since June of 2003. Dr. Remia specializes in shoulder, knee and elbow injuries, including arthroscopic rotator cuff repair and ACL reconstruction; elbow ligament reconstruction in the throwing athlete; knee cartilage repair and transplantation including the "Genzyme Carticel" procedure; and arthroscopic meniscal repair and transplantation.

While utilizing the latest and most effective technology in his practice, Dr. Remia remains focused on his patients and their individual needs, thus empowering technology with a healing touch. Please call 1-877-543-2500 for more information or visit <http://www.OrthoJointReplacement.com>.

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